



NUTRITION AND WELLNESS EVENT

Nutrition and Wellness, an *individual* event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health. Participants must prepare a **portfolio** and an **oral presentation**.

Event Category

Junior: up to grade 10

Senior: grades 10-12

Occupationally Specific: grades 10-12

Eligibility

1. Participation is open to any state/nationally affiliated FCCLA occupational chapter member.
2. The chapter's entry must be a dues-paying member from a state and nationally affiliated chapter, which is submitted with a postmark on or before **November 1**. Additional members wanting to participate in Competitive Events may be affiliated online until two weeks prior to the region meeting. Forms and payment must be received at the state office by that date. If affiliation paperwork and payment is not received in the state office by the deadline, it may be brought to the Headquarters room at the region meeting prior to Competitive Event Registration. A \$50 onsite affiliation fee per member (which includes national and state dues) will be collected. The FCCLA Confirmation Receipt will then be provided.
3. The chapter advisor must submit the electronic entry forms on the Texas FCCLA website. Competitive Event Payment Invoice and payment must be mailed to Family, Career and Community Leaders of America postmarked on or before **December 1**.
4. A designated chapter member must attend the regional or state leadership meeting in order to officially enter the regional or state competition. Each participant must be registered for the regional or state conference. *Note: Participants will need to pay for the conference registration fees and the STAR Event entry fees.*
5. A project entered in this event may not be entered in any other category of any Competitive Event. It may be a part of the Chapter Showcase Event. The project may be disqualified if this occurs.
6. The Nutrition and Wellness project shall be developed and completed during a one-year span starting July 1 and ending June 30 of the current school year preceding the regional, state or national leadership meeting.
7. The Nutrition and Wellness project must be planned and prepared by the participants(s) only. Supporting resources are acceptable as long as participants are coordinating their use and resources are cited appropriately verbally and/or in print during the presentation to avoid false credit for unoriginal or non-participant work.

Procedures & Time Requirements

1. Each entry will submit a portfolio (electronic or **2 hardcopy portfolios** (one must be the official FCCLA notebook/binder obtained from the National FCCLA store, www.fcclainc.org) to the event chairperson at the **Competitive** Event Registration. (The second portfolio does not have to be in the official FCCLA binder/notebook.) Judges will have 30 minutes to preview the portfolio before the presentation begins.
2. Judges will have 15 minutes to preview the portfolio before the presentation begins.

3. Participant will have 10 minutes to set up for the event. Other persons may not assist.
4. The presentation of the lesson **may be up to** 10 minutes in length. A one-minute warning will be given at 9 minutes. The participant will be stopped at 10 minutes. There is no minimum length of time for this event.
5. Following the presentation, judges will have 5 minutes to question participant.
6. Judges will use the rubrics to score and write comments for each participant.
7. The maximum time required for this event is approximately 45 minutes.

General Information

1. A table will be provided.
2. Disqualification will occur if:
 - The participant does not check in at the Competitive Event Registration (participants must register for meeting and for STAR/Proficiency Events)
 - Participant(s) does not show up at designated time for competition
 - Chapter entry is not presented
3. **Presentation Elements. Allowed:** Audio, Costumes/Uniforms, Easel(s), Flip Chart(s), Portfolio, Props/Pointers, Visual Equipment, and Visuals. **Not allowed:** Costumes/Uniforms, File Folder, Manuals, and Skits.

NUTRITION AND WELLNESS SPECIFICATIONS

Portfolio

The portfolio is a collection of materials used to document and illustrate the student's work in Nutrition and Wellness. Materials must be contained in the official FCCLA STAR Events binder/notebook obtained from the National FCCLA store, www.fcclainc.org. (The second portfolio does not need to be in the official FCCLA binder/notebook.) Once a hardcopy *portfolio* is turned in to the judges, participants may not switch to an *electronic portfolio*

The binder/notebook must contain:

- All materials, including the divider pages and tabs must fit within the cover
- Binder/notebook must contain no more than 45 pages:
 - 1 Project Identification Page
 - 1 Planning Process Summary Page
 - 0-7 divider pages and up to 35 content pages including the documents listed below:
 - Divider pages may be tabbed and may contain a title, a section, graphic elements, thematic decoration, and/or page numbers; they must not contain any other content
- All pages within the portfolio must be one-sided only
- All pages except divider pages must be 8 ½ " X 11".

The portfolios will be turned in to the event chairperson at the Competitive Event Registration.

Portfolio Content

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| Project Identification Page | One slide or one 8 ½ x 11" page on <i>plain paper</i> , with no <i>graphics</i> or decorations; must include participant's name(s), chapter name, school, city, state, FCCLA national region, and project title. |
| FCCLA <i>Planning Process</i> Summary Page | One 8 ½ x 11" summary page or two slides of how each step of the <i>Planning Process</i> was used to plan and implement the project; use of the <i>Planning Process</i> may also be described in the oral presentation. |
| Subject Profile | <p>The participant will detail the subject of their project including past and current nutrition and wellness information. Participants in each category should develop projects under the following subjects:</p> <p>Junior</p> <ul style="list-style-type: none"> • self: the project should concern the individual participant's own nutrition and wellness <p>Senior and Occupationally Specific (choose one of the following two options)</p> <ul style="list-style-type: none"> • family: the project should concern the individual participant's family's nutrition and wellness (for the purpose of this project, the participant should include all members of their immediate family or specifically those living in one residence together) • community: the project should be based on an institution or campaign in the participant's community (e.g. school, nursing home, early childhood center, specific restaurant, etc.) |
| Nutrition and Wellness Research | The participant will research recommendations for nutrition and wellness using, but not limited to the resources listed on page 149. Participants should determine at least three key nutrition issues and three key wellness issues which relate to their project area, then elaborate on current information about each item. Research should be summarized in no more than two 8 ½ x 11 pages or three slides. |
| Nutrition and Wellness Tracking | <p>The participant will track current nutritional intake and wellness activity for the project's subject(s) for one week (seven consecutive days).</p> <ol style="list-style-type: none"> 1. Go to http://www.mypyramidtracker.gov. 2. Create an account for each individual involved in the project (self and family) or a sampling of the project (community). A sample of the community project should include 3–7 individuals who represent a range of the nutrition and wellness levels in the group. 3. Complete the tracking information for both food intake and physical activity for each account for one week. For Senior and Occupational projects, individuals from the family or community should track their own intake and activity each day. The participant may enter tracking information into the online accounts on behalf of the individuals, if necessary. 4. The participant should summarize the week's tracking of the project's subject(s) for the portfolio. |
| Nutrition and Wellness Concerns | The participant should outline the concerns of the project's subject(s) and develop goals for improving the nutrition and wellness plan of the subject(s). This includes health concerns, personal goals of the individual(s), etc. |

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| Nutrition and Wellness Goals | <p>The participant will develop three to five goals for the project and steps that should be taken to reach the goals. The participant should include a my Pyramid plan for each of the project's subjects as the basis for determining goals.</p> <ol style="list-style-type: none"> 1. Go to http://www.mypyramid.gov/mypyramid/index.aspx. 2. Complete the online form for each of the project's subjects. 3. If the subject is outside a healthy weight range, choose the option to move to a healthy weight. 4. Include a pdf of each subject's results (click on the "your results" option) in the portfolio. 5. Offer each subject resources from their results page (e.g. "Meal Tracking Worksheet"). These resources do not have to be included in the portfolio. <p>* Please note: If health concerns are involved, the participant should seek the assistance of a trained professional (doctor, dietician, personal trainer, etc.). Participants should not consider themselves experts in nutrition and wellness.</p> |
| Nutrition Plan | <p>The participant will develop one recommended nutrition plan that includes four week's worth of menus that meet the nutritional needs of the project's subject (individual, family, or community) in accordance with the above goals. This should include all meals and snacks that would be consumed by the individual (Junior), consumed by the family with recommendations for meals not eaten together, or served by the institution with general recommendations for other meals eaten by those individuals involved. The nutrition plan should be realistic in regards to the schedule of the subject(s).</p> |
| Wellness Plan | <p>The participant will develop one recommended wellness plan that will meet the needs and help realize the goals of the subject(s). This should be a four-week comprehensive plan that includes all aspects of wellness (e.g. exercise, sleep, etc.).</p> |
| Implementation & Reflection | <p>The participant should discuss the nutrition and wellness plan with the subject (Junior reflects on it personally, Senior and Occupationally Specific with the family or the individual(s) in charge of nutrition and wellness). Junior participants should try to implement their plan and reflect on the process and results of doing so. Senior and Occupationally Specific participants should work with their family or the community to determine if the plan can be implemented and/or if any changes can be made based on the plan's recommendations. If changes are made, the participant should reflect on what differences were seen in those who took part.</p> |
| Appearance | <p><i>Portfolio</i> must be neat, legible, and <i>professional</i> and use correct grammar and spelling.</p> |

Electronic Portfolio

An *electronic portfolio* may be either in PowerPoint format or an electronic document that can be viewed by the judges and room consultants prior to the oral presentation. The *electronic portfolio* may be

no more than 45 pages or 55 slides, because slides have less content than document pages. 1 *Project Identification Page*, 1 Table of Contents page and up to 35 *content pages* or 45 *content slides* including the documents listed below. Project Identification Page and Table of Contents may be combined but not to exceed two pages. *Divider* or *Section slides* may contain a title, a section name, *graphic* elements, thematic decorations, and/or page numbers. The *electronic portfolio* on a USB port will be turned in to the chair person at the Competitive Events registration. Any files, other than Microsoft PowerPoint must be saved as a PDF in order to be compatible with all computers. A laptop computer will be provided for participants to use. Once an *electronic portfolio* is turned in to the judges, participants may not switch to a *hardcopy portfolio*.

Oral Presentation

The oral presentation **may be up to 10 minutes** in length and is delivered to judges. The presentation should explain the specifics of the project. The presentation may not be prerecorded. If audio or *audiovisual equipment* is used, it is limited to 1 minute playing time during the presentation. *Visual equipment*, with no audio, may be used throughout the oral presentation. Participants may use any combination of *props*, materials, supplies, and/or equipment to demonstrate how to carry out the project.

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| Organization/Delivery | Deliver oral presentation in an organized, sequential manner; concisely and thoroughly summarize project. |
| Relationship to Family and Consumer Sciences Coursework and/or Related Careers | Describe relationship of project content to Family and Consumer Sciences and related careers. |
| Knowledge of Nutrition and Wellness | Demonstrate thorough knowledge of nutrition and wellness and ability to apply knowledge to real-life situations. |
| Use of Portfolio and Visual(s) During Presentation | Use the <i>portfolio</i> to describe all phases of the project. Use original, creative, and appealing visuals to support, illustrate, or complement presentation. |
| Voice | Speak clearly with appropriate pitch, tempo, and volume. |
| Body Language/ Clothing Choice | Use appropriate body language including gestures, posture, mannerisms, eye contact, and appropriate handling of notes or note cards if used. |
| Grammar/Word Usage/Pronunciation | Use proper grammar and pronunciation. |
| Responses to Judge's Questions | Provide clear and concise answers to judge's questions regarding project. Questions are asked after the presentation. |

Resources

n www.mypyramid.gov

n www.letsmove.gov

n www.fitness.gov/

n www.usda.gov
n www.fda.gov
n www.actionforhealthykids.org/
n <http://operationfrontline.org>

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